



Take time out for yourself
www.SimplicityRetreats.com

Kangaroo Valley Getaways

Take a deep breath and imagine letting go...

Experience a stunning hideaway amidst 40 acres of the Kangaroo Valley's unspoilt rainforest and native bushland.

Indulge in a weekend of relaxation, meditation, yoga, massages and delicious vegetarian meals. Enjoy the freedom of doing as much or as little as you like.

Embrace relaxation, experience stillness and reconnect with the simple things in life.

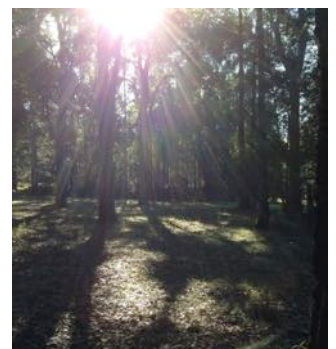
When would you like to getaway?

- Winter Getaway | 21-23 July 2017
- Spring Getaway | 11-13 October 2017

Reserve your spot today!

Book online at www.SimplicityRetreats.com

Contact | PJ Ann Aguilar, Manager
0403 966 429 Relax@SimplicityRetreats.com



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Indulge yourself

- Two nights in deluxe, twin share king single beds with ensuite bathrooms
- Organic, vegetarian, gluten-free meals by in-house chef
- Relaxation, meditation, flowing and strengthening yoga
- Healthy cooking with organic, wholefoods workshop
- Bonus kirtan meditation through music, reflections and discussions
- Spectacular gardens, scenic sights, bushland and rainforest walks

Investment:

- \$125 Deposit for progress payment plan
(plus 3 x \$200 instalments or \$725 total)
- \$690 Discounted upfront payment

Optional Upgrades:

- Aromatherapy, relaxation and reflexology massages (\$110/hr)
- Private classes one-on-one or in pairs (\$110/hr)
- Premium private single room with king size bed (\$270/pp)

Retreat program

The program caters for all levels and participants are guided to go at their own pace.

Day 1 Friday

400pm guests arrive / massages
630 dinner
800 welcome and relaxation

Day 2 Saturday

700am yoga session
830 breakfast
900 free time / massages / private yoga classes
1130 healthy cooking workshop
100pm lunch
200 free time / massages
430 yoga session
630 dinner
800 kirtan meditation

Day 3 Sunday

700am yoga session
830 breakfast
900 free time
1100 yoga session
1230 pm gratitude circle and meditation
100 lunch
300 guests depart for home



“Loved it! Better than a week in Bali.”

- Claire Connelly, Canberra Women in Business



Our story

At Simplicity Retreats, we believe in giving you the gift of time – to take time out for yourself, embrace relaxation and experience the calming beauty of nature.

Hosted by PJ Ann Aguilar, with Principal Yoga Teacher, Gail Robertson, we provide a traditional Hatha Yoga experience, instilling strength, flexibility and grace.

PJ created Simplicity Retreats from the love of yoga and desire to encourage wellbeing. She creates a nurturing environment, giving you permission to put yourself first. She is also a passionate business coach, helping busy yoga teachers create a thriving business. www.YogaBizCoach.com

Gail is a certified instructor in Classical Raja and Ashtanga Vinyasa Yoga and is a Senior Teacher Member of Yoga Australia. She has been practicing yoga for almost 30 years with teaching experience in Australia and Canada. Gail also teaches weekly classes in South Canberra. www.YogaFlows.com.

Sydney-based chef, Angie Cowen nourishes you with delightful, healthy feasts. She is passionate about wholefood, gluten free cooking, strengthening the digestive system and providing a culinary taste experience. www.LoveLifeandGlutenFree.com

Kangaroo Valley's Margherita Zagaria indulges you in blissful massages. With 18 years experience, she specialises in a variety of techniques including relaxation, aromatherapy and reflexology.

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“A life changing experience.”

- Julie Edwards, Australian Public Service



Massages

Kangaroo Valley's Margherita Massage will be indulging us with relaxing massages throughout the retreat. Please let us know when registering if you would like a massage and we will let you know your time slot on arrival at the retreat.

Private Yoga Classes

Participate in a private session with Gail Robertson, receive personal attention to assist you with alignment and get the most out of your yoga practice. This can also be a great time to gain a customised a sequence just for you that can be done at home to maintain the benefits of your regular yoga classes.

Catering

Sydney-based chef, Angie Cowen will be staying with us for the weekend and providing in-house catering for the retreat. Breakfast, lunch and dinner will be provided, all vegetarian and gluten-free. We will also have teas and fresh fruit available throughout the day, and you're welcome to bring anything else you may like to have. The retreat menu will also accommodate for all special dietary requirements, please let us know when registering.

Going to town

The retreat venue is just a short drive to the Kangaroo Valley village and you are more than welcome to stroll the cafes and novelty shops during the weekend.

Getting there

The nurturing getaways are held at the Kangaroo Valley township, approximately two hours drive from Canberra and Sydney.

The address is 145 Jacks Corner Road Kangaroo Valley. To drive from Canberra:

- Take the Federal Highway north, which joins to the Hume Hwy
- Exit on the Illawarra Hwy, turning right towards Moss Vale
- Stay on Illawarra Hwy, past the Moss Vale township
- Continue as it becomes Argyle St
- Just outside Moss Vale, on the roundabout turn right which brings you back to Illawarra Hwy. Follow sign to Wollongong (if you reach Bowral you've gone too far)
- Turn right on Nowra Rd and follow sign to Nowra
- Continue along Nowra Rd as it turns left (sign to Nowra).
- Continue as it becomes Moss Vale Rd, past Fitzroy Falls, following signs to the Kangaroo Valley
- After the shop “World Best Pie”, turn right on Bendeela Rd. (if you reach the Kangaroo Valley village you've gone too far)
- Continue along Bendeela Rd which becomes Jacks Corner Road.
- Once you pass the Bendeela Power Station, take the first driveway on the left and you've arrived!

Arrival time on Day 1 is 4pm with dinner available from 630pm. If possible we encourage you to arrive before dark.

Any queries, please call 0403 966 429, or venue phone 02 4465 2201 (mobile reception is limited).



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What to bring

- Clothes for all weather and temperature. Bring a mix of cool and warm clothes and dress in layers. (Even in summer, it may get cool. In winter, the fireplace will be lit at all times, all bedrooms, yoga studio and living areas are nicely heated)
- Shoes that are easy to slip on and off and slippers (or other shoes) for indoor use, as all indoor areas a "outdoor shoes off"
- Sturdy shoes if you wish to go bush walking
- All toiletries including soap (Bath towels, all linen and blankets are provided)
- Yoga mats, blankets and blocks are provided, but you are welcome to bring your own gear
- Small towel
- Water bottle
- Torch
- Raincoat/umbrella
- Musical instruments encouraged and especially welcome for our Kirtan meditation on Saturday night
- Books, arts and anything else you'd like to pass time
- There is limited mobile reception, however wireless internet is available at the main house.

Terms & Conditions

In submitting the registration form, participants acknowledge and consent to the following.

PREPARING FOR THE RETREAT

- I have listed any health conditions and injuries or special dietary needs on the registration form. I received medical advice and am capable of physical exercise, or will seek such advice, or will assume the risk of exercising without medical advice.
- I will organise and pay for my own transport to, and from the retreat.
- I agree to pay for the required instalments by the dates agreed with Simplicity Retreats. I will receive payment requests by email.
- If I am unable to make it:
 - I understand the \$125 deposit (or as part of upfront payment) is non-refundable.
 - I can transfer the booking to another person if they register at least two weeks before the retreat, however I remain responsible for the full fee.
 - I will receive a refund of all other monies paid if I notify Simplicity Retreats of a cancellation 10 weeks before the retreat.
 - I will receive a refund of 50% of all monies paid if I notify Simplicity Retreats of a cancellation 6 weeks before the retreat.
 - I will forfeit all monies paid to date if I notify Simplicity Retreats of a cancellation within 6 weeks before the retreat.
- In the event the retreat is cancelled, all monies paid to date can be used as credit for another retreat, refunded in full or a combination of both.

AT THE RETREAT

- I take complete responsibility for my time at the retreat. I agree to follow instructions carefully and will ask for advice if required. I will not do exercises, which are not safe for me.
- I will not hold Simplicity Retreats, the venue or any staff responsible for any injuries or loss that may be incurred as a result of participating in the retreat, and I shall make no claim for compensation in relation to any injury arising during the retreat. It is my duty to exercise ordinary care for the protection of all participants while attending the retreat.
- I understand smoking is not permitted within or around the retreat under any circumstances, due to its location in a high-risk bushfire area.
- I understand pets are not permitted at the retreat and attendance by persons under 15 years of age requires permission from the venue manager.
- I provide permission for general photos to be taken at the retreat for promotional purposes only. To be excluded, I will advise staff at the start of the retreat.

“The perfect gift to yourself.”

- Andrea Gledhill, HealthKidsHappyMama.com

